

INTEGRATED SCHOOL Daily Bulletin



SY 2018-2019 Tuesday, July 31, 2018 | No. 34

Attribute for the month: Commitment to Excellence

Bible Verse for the Day:

I desire mercy, not sacrifice. -Matthew 12:7

Reflection:

No act of kindness, however small, is ever wasted. (Aesop)

Sowing the Seeds of Health

PRACTICAL ARTS:
HEALTH AND NUTRITION MONTH 2018



HEALTH AND NUTRITION TRIVIA Did you know?

In The Healthy Food Directory by *Michael Van Straten*, the author ranks BANANAS near the top because BANANAS help alleviate 14 medical conditions including diarrhea, fatigue, heartburn, insomnia, nausea, menstrual problems, kidney problems, fluid retention, and circulatory problems. The doctor recommended a BRAT (BANANA, rice, apple, and tea) diet for patients with diarrhea.

FIRST QUARTER EXAMINATION SCHEDULE

MAPEH AND COMPUTER EXAMS: JULY 30 - AUGUST 3, 2018

AUGUST 7, 2018 (Tue) CLE 1-3 Exams 7:50 - 8:50 (1st – 2nd periods – shortened class periods / no 8th period)

CLE GRADE 1-3 PROCTORS (Corrected)	1A – Ms. D. Tupas & Ms. Buenvenida	1B – Ms. D. Gallana & Ms. Candazo	1C – Ms. D. Miñada & Añonuevo
	1D – Ms. C. Tambasen & Ms. Gascon	1E – Ms. S. Prado & Ms. Yanos	2A – Ms. A. Cabalo
	2B – Ms. J. Quiatchon	2C – Ms. G. Guilaran	2D – Ms. H. Rama
	2E – Ms. A. Guanzon	3A – Ms. G. Bonifacio	3B – Ms. J. Jayme
	3C – Ms. J. Escote	3D – Ms. A. Salvador	3E – Ms. N. Parilla

GRADE LEVEL	AUGUST 8 (WED)		AUGUST 9 (THU)			AUGUST 10 (FRI)		
	1 st	2 nd	1 st	2 nd	3 rd	1 st	2 nd	3 rd
Kinder	English		Filipino	Reading		Math		
Grade 1	Science	Filipino	Math	Reading		AP	English	
Grade 2	AP	Reading	Science	Filipino		Math	English	
Grade 3	Reading	Math	English	Filipino		Science	AP	
Grade 4	Science	AP	Math	CLE	HELE	English	Filipino	
Grade 5	AP	Math	CLE	English	Science	Filipino	HELE	
Grade 6	Math	English	AP	Science	HELE	CLE	Filipino	
Grade 7	Filipino	CLE	Math	English	TLE	Science	AP	
Grade 8	Science	English	Filipino	CLE	AP	TLE	Math	
Grade 9	Filipino	Science	English	TLE	Math	CLE	AP	BK 1
Grade 10	Math	Elective	AP	BK 2	Filipino	English	CLE	Science

Note: *Subject teachers are reminded to post Pointers for Review for the quarter examinations. Students are reminded to settle accountabilities at the Business Office.*

ELECTIVE 10 ROOM ASSIGNMENTS/PROCTORS

ELECTIVE 10	PROCTOR/S (CORRECTED)	ROOM ASSIGNMENT
Human Anatomy (Mr. J. Leonor)	Ms. T. Navarro / Ms. Sarmiento	10B
Human Anatomy (Mr. A. Uberas)	Mr. De la Serna / Ms. R. Berjit	10G
Computer Programming & Game Development	Mr. Patarata / Mr. Abalayan	UG Computer Lab
Advanced Math	Mr. Jastia / Mr. Edang	10F
Basic Electronics	Mr. Davila	Physics Lab
Creative Writing / Journalism	Ms. Ballesteros	10C
Political Science	Ms. I. Magbanua	10E
HRM	Ms. Serantes / Ms. Gandecila	10A
Media Strategies	Br. Irwin	10D

EXAM TIME SCHEDULE (MORNING SESSIONS FOR ALL)

7:30 – 8:00 - Flag Ceremony/ Homeroom Period
 8:00 – 9:00 - FIRST EXAM
 9:00 – 9:30 - RECESS
 9:30 – 10:30 - SECOND EXAM
 10:30 – 11:30 - THIRD EXAM

FROM THE PRACTICAL ARTS DEPARTMENT

The **Hotel and Restaurant Management** students will have their **EXPOSURE TRIP** at L'Fisher Hotel. In this regard may we request our 3rd period subject teachers to kindly excuse the students under the HRM to leave the classroom at **10:25AM** for their departure. Teachers to accompany: *Mr. Mark Cuarte, Mr. Roseller Bejemino, Ms. Lynn Niñonuevo, Ms. Sheila May Tan.*

Thank you for your kind consideration and understanding.



DAY BEFORE QUARTERLY EXAMS (AUGUST 7, 2018)**SHORTENED CLASS SCHEDULE (30mins/period)**

7:30-7:50	Flag Ceremony
7:50-8:20	First Period
8:20-8:50	Second Period
8:50-9:20	Third Period
9:20-9:50	RECESS
9:50-10:20	Fourth Period
10:20-10:50	Fifth Period
10:50-11:20	Sixth Period
11:20-11:50	Seventh Period
No 8th Period	

FROM THE MAPEH DEPARTMENT**AUDITION FOR NOPSSCEA VOCAL SOLO**

OPM & CLASSICAL for Elementary and Junior High School

July 30-August 3, 2018 (Monday-Friday)

4:30-5:00 PM @ 4D Classroom

look for Ms. Cleah Pahayahay

*Please bring your Music, preferably in your phone.

FROM THE JHS ENGLISH DEPARTMENT**AUDITION FOR NOPSSCEA CONTESTS**

ENGLISH DECLAMATION

IMPROMPTU SPEECH

August 3, 2018 (Friday) | 7th – 8th Periods

Please see Ms. Imelda J. Cadigal

FROM THE IS CELAM**CONFESSIONS / RECOLLECTIONS / HOLY MASS**

July 31, 2018 (Tue)	8E – RECOLLECTION Facilitators: <i>Alojado 10B, Ganoy 10B, Macaranas 10A, Togle 10G, Vingno 9A</i>
	4C (1st Group) – CONFESSION 1:20PM @ Junior High School Chapel

FROM THE HEALTH SERVICES CENTER**ECG EXAMINATION FOR STUDENT-ATHLETES**

every TUESDAYS and THURSDAYS

10:00AM-12:00NN at the Junior High School Clinic

FROM THE MATH DEPARTMENT

Registration for the 2018 MTG (Mathematics Trainers' Guild) Qualifying Examination is NOW OPEN. For those who wish to join, please write your name, grade level and section, and date of birth in a 1/4 sheet of paper and pass it to your Math teacher. You will also pay an amount of P40.00 (forty pesos) as part of the registration. **Deadline of submission will be on August 2, 2018.** The schedule of the Qualifying exam will be on August 4, 2018, Saturday at Trinity Christian School at 9:00AM. **This is only open to Grades 3-6 (students born on or after 1st of September 2002) and Grades 7-10 (students born on or after 1st of August 1999).**

FROM THE CENTER FOR VARSITY SPORTS**FINAL LINE-UP****ATHLETICS – HIGH SCHOOL BOYS**

- ✓ Denzel V. Juatas 10G
- ✓ Achilles Rome M. Jago 10E
- ✓ Juan Carlos G. Zuloaga 10B

ATHLETICS – HIGH SCHOOL GIRLS

- ✓ Johannes Erika M. Acuña 7A
- ✓ Maorin Joy D. Aguilar 10D
- ✓ Erlyn Jen S. Cayayan 10F
- ✓ Jerusha France D. Dedal 7G
- ✓ Diane Krystel R. Dolendo 8G
- ✓ Rejanna Charis R. Evidente 9D
- ✓ Yamana D. Montero 10A
- ✓ Cathrina AdrienneD. Teodorico 7G

Head Coach: Raian Espada

Assistant Coach: Jessie Divinagracia & Lodel Magbanua

FROM THE LOWER GRADES LVP OFFICE

MATH CLASSES of Ms. Maria Gertrude D. Hosillos (on leave)

will be handled by:

- Ms. Ana Mher E. Guanzon
- Ms. Kaila Francesca L. Sansing

KINDER CLASSES of Ms. Mary Grace Irene F. Yulo

(on bereavement leave) will be handled by:

- Ms. Nikka Rose C. Salada

CLE CLASSES of Ms. Minerva A. Lautrizo (on sick leave)

- Ms. Jorinne G. Gosiaoco
- 5D HOMEROOM - Ms. Rosalea T. Berjit

5E HOMEROOM of Ms. Paula Mae S. Sioco

(due to resignation - effective August 13, 2018)

- Mr. Anthony Bermudez
- ENGLISH CLASSES and CLUB will be handled by the substitute teacher

FROM THE LOWER GRADES DFO

(Teachers, please write the reminders in the assignment board.)

- Haircut and Good Grooming Inspection on Thursday, August 2, 2018. Refer to pages 24-25, Student Handbook (SH).
- Wear your school ID at all times.

- ❖ Ms. Gertrude Hosillos will be on leave on July 30-August 1, 2018. OIC-DFO for the Lower Grades- Teacher Dolly Dela Serna

FROM THE JHS LVP OFFICE

- ✓ THANK YOU 7A, 8A and 8C for 100% submission of PDS.

FROM RDJ LIBRARY**BIBLIOGRAPHY LESSON by Ms. Dione**

DATE	TIME	CLASS	TEACHER
July 31, 2018 (Tuesday)	3 rd Period	English 10D	Ms. Navarro
	6 th Period	English 10B	
	8 th Period	English 10A	

DATES TO REMEMBER

- July 31 Last Day of Borrowing Fiction Books
- Aug 3 Last Day of Borrowing Non-Filipiniana Books
- Aug 6 Last Day of Borrowing Filipiniana Books

- ❖ ONLY BIBLES and DICTIONARIES may be borrowed during exam week.

MULA SA DEPARTAMENTO NG FILIPINOInaanyayahan ang lahat na magsuot ng **Kasuotang Filipino** sa darating na **Agosto 6** at **20** ng 2018.**FROM GREEN BEACON & LUNTIANG TANGLAW****SCHEDULE OF TRAININGS**

8:30 AM – 4 PM | LG Science Lab

Aug 18 Individual Writing & Collaborative Publishing

FROM THE IS BALAYAN**TEAMBUILDING & ART WORKSHOP with ILAF**for *Kasanagan Youths*

August 4, 2018 (Sat) | 8:30AM - 4:30PM | Balay Kalinungan

VISIT & MEETING WITH ADOPTED COMMUNITY

August 8, 2018 (Wednesday)

MOTHERS CLUB FOOD EXPO 2

August 17, 2018 (Fri) | 2:00 - 4:00PM

@ Pallotine, Prk. Marapara, Brgy. Bata.

DATES TO REMEMBER

- August 13-17 1st Quarter PT Completion
- August 20 Buwan ng Wika Celebration
- September 3-4 3rd BED PAASCU Visit